COPD (chronic obstructive pulmonary disease)

Chronic obstructive pulmonary disease (COPD) is a progressive type of lung disease that makes it difficult to breathe due to blockage of airflow.

COPD is a leading cause of death and illness worldwide. Most COPD is caused by long-term smoking and can be prevented by not smoking at all or quitting as soon as you can. Long term inhalants such as pollution and chemicals can contribute to this type of disease too.

**Signs and symptoms of COPD**

Signs and symptoms may vary in different people, depending on type of disease and condition. Most COPD symptoms include:

-Shortness of breath, wheezing, chest tightness and chronic cough

Frequent colds and the flu may occur more frequently while having COPD.

COPD is progressive, whereas the symptoms start slow and worsen as disease gets more severe. When this starts to occur, a doctor should be consulted.

**Tests and diagnosis**

-Imaging tests such as a chest X-ray. A chest X-ray can show emphysema. An X-ray can help rule out other lung problems, such as lung cancer, or heart failure.

-Computerized tomography (CT). CT scans combine X-ray images taken from many different angles to create detailed, cross-sectional images of internal organs.

-Lab tests such as Arterial blood gas analysis and Sputum examination.

**Treatments and drugs**

Stop smoking-The most important thing to do for smokers with COPD, is to stop all smoking!

Medications -Doctors use several basic groups of medications to treat the symptoms and complications of COPD. You may take some medications on a regular basis and others as needed:

-Bronchodilators, inhaled steroids, antibiotics

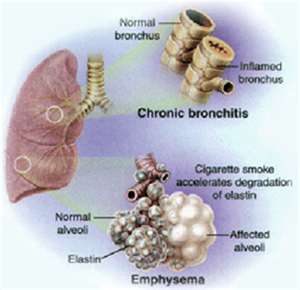
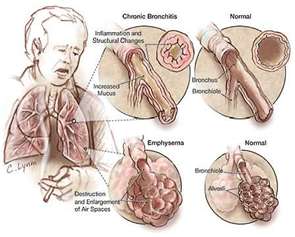
**Therapy**

Oxygen therapy

Pulmonary rehabilitation program

**Lifestyle and home remedies**

Control your breathing, clear your airways, exercise regularly, eat healthy foods, avoid smoke, getvaccinated and avoid crowds and cold air.

**[](http://www.bing.com/images/search?q=copd&view=detail&id=144986C18F35EA8849AE66C3009E25BD5CB35AC8&first=0&qpvt=copd&FORM=IDFRIR)[](http://www.bing.com/images/search?q=copd&view=detail&id=84E3E9A5CED3A531842AA13C6149B14621A1881A&first=121&qpvt=copd&FORM=IDFRIR)**

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